

WORK IT GIRL: HOW TO BREAK DOWN BARRIERS AND HEAD STRAIGHT FOR SUCCESS

CHRISTINE LI, PH.D.

WWW.PROCRASTINATIONCOACH.COM

F EAR

7 Common Fears Entrepreneurs Have

1.

2.

3.

4.

5.

6.

7.

Questions:

Which one is the most familiar to you?

What can you do or say to remind yourself not to fall victim to fear anymore?

ACTION

What waste can you get rid of from your business and life?
Examples are negative thinking, wasting time running errands, and
wasting time worrying too much.

1. _____

2. _____

3. _____

What ONE thing can you commit to doing to help you to begin to
get rid of the waste in your business or life? (Of course you can
feel free to tackle ALL of the areas you listed!)

What micro-actions are you going to take in the next 7 days to ensure
you reach your business and life goals?

Business:

1.

2.

3.

Life:

1.

2.

3.

REMEMBER

Here's a list of things to remember as you begin tackling your resistance and getting your work DONE:

1. Action calms fear.
2. Micro-actions are sufficient to make significant change possible. Get specific and then get going.
3. Do NOT rely on your motivation to be high before you start your work. Motivation is highly variable and as such, highly unreliable!
4. Keep your eyes on your own work. Don't fall for distractions (your work is too important) and don't compare what you are doing to what everyone else is doing (that never matters).
5. Feel good now. There is no need to wait to feel good about what you are doing and who you are.
6. You are not your work. Don't connect your self-esteem with your work because that will make the creative process overburdened with meaning. Let your work stand for itself.
7. If and when you feel overwhelmed, break it down. Find a smaller action to get done.
8. Always aim towards possibility rather than lack.
9. Expect the outcome you are working for and anticipate the impact you will be making first.

How will you celebrate when you accomplish the steps and tasks on this worksheet?

Always remember to use the Creative Connections Membership Group to reflect, to design, and to make progress on your big plans. We are all in this together and we are better together.

